

Art Institute of Permanent Make-up After Care Information

By Initialing, I state that I've received verbal & written post-procedure instructions from Tish O'Brien. I understand them & agree to call with any questions or concerns

Client Initials _____ Date _____ / _____ / _____

Phone: 469.831.4695

PROCEDURE	SWELLING	MOISTURE	AVOID UNTIL HEALED	COMMENTS
Eyebrows Camouflage Areola Complex* *(wear loose fitting T-shirt without a bra as often as possible for the first week following procedure)	Slight with transient redness Slight with transient redness Slight with transient redness	Wash with antibacterial soap and warm water morning and night until healed. Cleanse & dry w/ patting motions...do not rub. Keep area <i>lightly</i> moist using applicator with the sterile Aquaphor ointment (not overly greasy) 3 to 4 times a day (morning, night & in between) for 7-10 days. If slight crust appears on pigmented surface, do not force removal by picking, scratching, or washing! (You will remove pigment along with crusting). Brows are not considered healed until all crusting has exfoliated. ~ Do <u>not</u> use topical antibiotics!	<ul style="list-style-type: none"> • Soaps, facial cleansers & water on pigmented area. Wash around it. Only use plain antibacterial soap.(preferably Dial or Soft Soap) • Makeup on pigmented area until healed. • Retin-A & Glycolic Acids on pigmented areas while healing. • <u>Touching with fingers</u> • Sun, tanning beds & Self Tanners on pigmented area. Try and sleep on back so pigment won't stick to pillow and hinder final result • Chlorine pools, Jacuzzis or saunas. • Hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner getting onto pigmented area. A thin coat of Aquaphor over pigment is a good idea before showering. • Dirt, as in gardening, for the first 3 to 4 days to prevent possible infection. 	Don't be alarmed by fading after first application. The final color cannot be judged until at least 2-weeks after the touch-up application is completed. This is the reason a follow-up is required. Don't be alarmed if color comes off onto the Q tip when applying topical. This is normal. For Long Term Care: Use a sunscreen daily.
Eyeliner	Moderate. An enclosed ice bag should be applied for first day - 10 minutes on and 10 minutes off. Following procedure, area may be puffy for first few mornings, therefore, beginning on the second day, apply an ice bag on the eyes in the morning. Sleeping propped up & on your back will reduce swelling. Avoid food high in Sodium for a few days, as this can increase puffiness around the eyes. The wider the liner, the more swelling to be expected. Tails may cause redness on outer corner of eyes.	Wash eyes each morning and evening following procedure with antimicrobial soap and water until healed. Rinse well and pat very lightly, dry. Re-apply sterile Aquaphor with applicator. Keep the eyeliner <i>only slightly moist using applicator given with</i> Sterile Aquaphor, 2-3 times a day for five to seven days. Nothing other than Sterile Vaseline or Aquaphor should be used. ~ Do <u>not</u> use topical antibiotics!	<i>No contact lenses during procedure. Bring supplies to remove contacts and wear your glasses home.</i> <i>DON'T FORGET to bring your glasses!</i> <ul style="list-style-type: none"> • Driving 8 hours following procedure (plan to get ride) • NO Chlorine pools, Retin A or Glycolic acids totally, Jacuzzis or Saunas, Terry Towels on pigmented area, hot, steamy, long showers. Shower with back to water to avoid water, shampoo and conditioner from getting onto pigmented area. Apply a thin coat of Aquaphor over pigment before showering. • Avoid all Aloe and Vitamin E products • Avoid too much Aquaphor. <i>If you can see it shining,, you have too much on.</i> Simply apply the thinnest coat with applicator and avoid getting it into your eye as this can invite an infection. Only re-apply when the eyelid area begins to feel tight or is dry. Keep area slightly moist & shiny. 	Don't be alarmed by fading after the first application. The final color cannot be judged until two weeks after the touch-up application is completed. Don't be alarmed by color coming off onto the Q-tip, when applying Aquaphor. This is normal. WARNING! Although your eyelid may have a slight pink or redness above the eyeliner, immediately following procedure, <i>YOUR EYEBALL SHOULD NOT BE RED!! You must seek medical attention, immediately, if you see signs of bloodshot eyes or puss in the corners of your eye or eyes. This may be a bacterial infection and requires a physician.</i>
Full Lip/Lip liner	Decently swollen. An enclosed ice bag can be applied for the first few hours—10 minutes on and 10 minutes off. Be sure to apply Aquaphor and then a tissue to prevent condensation from the bag of ice touching lips. Chewing gum and ibuprofen can lessen swelling.	Follow Eyebrow instructions for a 2-week period Lips will tend to be very dry. Keep them moist using an applicator & sterile Aquaphor for 14 days. Some peeling may occur. Do not peel off!!! Lips have a tendency to fade up to 60% and color can hide for a 6-week period before resurfacing. Very moist lipstick and lip gloss may be worn over a coat of Aquaphor. <i>Lips will always require a sun block due to photosensitivity.</i>	<ul style="list-style-type: none"> • No teeth bleaching for minimum of 3 weeks. • No direct sun and tanning beds on pigmented area <i>forever.</i> Use <i>SPF or sun block.</i> • For 2-wks, try not to wipe your lips with a napkin while eating. Drink through a straw—even hot coffee or tea. • No sweating around area & exercise caution to prevent possible infection. • Try to sleep on back to avoid lips sticking to pillow • AVOID TOUCHING LIPS AT ALL TIMES, and Refrain from kissing until your wound heals. Germs can enter your wound and cause infection. 	If you have a history of cold sores, canker sores and/or fever blisters on the lips, chin or nose you will require a prescription of 24 capsules of 500 mg Valtrex from your physician. (12 for initial procedure and 12 for the touchup to avoid two co-pays) These can be taken 2 times a day, two days before tattoo and four days after or as otherwise prescribed.
LONG TERM CARE FOR ALL PROCEDURES	<ul style="list-style-type: none"> • Use a good sunscreen daily. The lips require protection as pigment can become photosensitive. • If you donate blood, it is a Red Cross policy that you must wait one year after any tattooing procedure. • If you are planning a chemical peel, MRI or other medical procedure, please tell them that you have had an iron-oxide cosmetic tattoo. • If you are planning to have laser hair removal on your upper lip or a Photo Facial with an IPL you must tell your laser specialist that you have permanent make up so this area can be avoided by the laser. Both ablative and non-ablative lasers may or will cause pigment to turn black. Teeth whitening agents may fade lip color. 			